



## Saturday, February 23

There are volunteer opportunities for everyone with the First Annual Muddy Trails 5k Run! Most opportunities are on race day (February 23, 2008), but there are also other opportunities. All Muddy Trails 5k volunteers will be invited to the post-race party and will receive an official Muddy Trails 5k shirt. If you're interested in volunteering, e-mail Angel Nicks at [anicks@catw-tx.org](mailto:anicks@catw-tx.org). If you have a particular area in which you'd like to help, indicate your preference in your e-mail.

### **VOLUNTEER OPPORTUNITIES ON RACE DAY INCLUDE:**

**Post-Race Party:** Volunteers are needed to assist staff in setting up food for the runners at the post-race party.

**Chip Distribution and Collection:** Volunteers are needed to assist Race Coordinator in distributing chips to the runners. As runners complete the race, volunteers remove the chips from the runners' shoes and prepare them to be returned to the timing company.

**Water Station:** Volunteers prepare and distribute water and sports drinks to runners and collect used cups. At certain stations, volunteers may distribute gel shots or fruit.

**Timers:** Teams of timers are stationed at each mile marker to call out splits and elapsed time.

**Course Monitors:** Course monitors are placed along the course to direct along the correct route.

**Race Day Transport:** A few volunteers with large SUVs or trucks are always welcomed to help transport course monitors and timers to their assigned locations. Race Day Transport team members may also assist at a Water Station, as a Course Monitor, or as a Timer.

### **FOR THOSE WHO AREN'T AVAILABLE ON RACE DAY:**

**Packet Stuffing:** On Monday, February 18, volunteers will gather at the Community Associations of The Woodlands, Parks and Recreation Office at 8203 Millennium Forest Dr, to prepare the packets.

**Packet Pick-Up/Late Registration:** Wednesday, February 20, through Friday, February 22, volunteers will man the tables at The Woodlands Recreation Center by distributing packets to runners and collecting walk-in registrations.